Vol. 37, No. 47

Fort Sam Houston – Home of Army Medicine

Nov. 23, 2005

Briefs . . .

Christmas Along the Corridor

The Alamo Area Council of Governments and the Alamo-La Bahia Corridor Committee will host the annual Christmas Along the Corridor Grand Finale and Fair Dec. 3 from 1 to 5 p.m. at MacArthur Parade Field. All activities are free to the public. For more information, call 362-5220 or visit www.aacog.com/tourism.

Holiday Ball

The Fort Sam Houston 2005 Holiday Ball will be Dec. 9 at 6 p.m. at the Sam Houston Club. The cost is \$23 and includes entrée, salad, dinner rolls, beverage and dessert; a vegetarian meal is available. The dress is dress blue, dress mess or Formal Class A for military and formal attire for civilians. For reservations, contact a unit activity representative before Dec. 2.

Christmas tree lighting

The Fort Sam Houston Christmas tree lighting ceremony will be Dec. 15 at 6 p.m. at the U.S. Army Garrison flagpole. The event features remarks from Col. Wendy Martinson, U.S. Army Garrison commander, holiday music, the tree lighting and refreshments.

Holiday concert

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, will host a free holiday concert open to the public Dec. 12 at 7:30 p.m. at the Scottish Rite Cathedral, on Avenue E at 4th Street in San Antonio. The event will feature the U.S. Army Medical Command Band and the Texas Children's Choir.

Newcomers' Extravaganza

The Fort Sam Houston Newcomers' Extravaganza will be Tuesday at 9 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The event is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. Soldiers, civilians and families will learn about Fort Sam Houston and the San Antonio area. Children are welcome. For more information, call 221-2705 or 221-2418.

BAMC holiday closure

Brooke Army Medical Center outpatient care will be closed Thursday for Thanksgiving and Friday for the training holiday, and will re-open Monday. The emergency room will remain open for emergencies. The appointment line will be staffed until noon Friday. For appointments, call 916-9900.

BAMC parking closure

The Parking Lot A south entrance at Brooke Army Medical Center has closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

Holiday Installation Formation Run

The Holiday Installation Formation Run will take place Dec. 16 at 5:15 a.m. Units will assemble at MacArthur Parade Field no later than 5:15 a.m. All tenant units on Fort Sam Houston are invited to participate. The BG Johnson track will close during the run. For more information or run reservations, call Sgt. Maj. Jimmie Jay at 221-4027 or e-mail jimmie.jay@amedd.army.mil by Dec. 7.

See **BRIEFS** on Page 3



Photo by Elaine Wilson

Spc. Christopher Alden meets his son, 6-week-old Myles, for the first time Friday at the Jimmy Brought Fitness Center during the homecoming for 100 Soldiers of the 228th Combat Support Hospital. The Soldiers were deployed to Iraq for nearly a year.

Soldiers grateful to be home for Thanksgiving

By Cheryl Harrison Fort Sam Houston Public Information Office

Emotions were high late Thursday in the Jimmy Brought Fitness Center when the second of three elements of the 228th Combat Support Hospital returned from nearly a year in Iraq.

The Soldiers, both active duty and reserve, provided medical care to U.S. service members, coalition forces and others with special emphasis on resuscitative, initial wound care and post-operative treatment.

A large crowd cheered the 100 Soldiers, and waved homemade signs welcoming Ruben, Michelle, Jay, Dean, daddy

and the 228th, just to name a few, along with flags and balloons

"I'm just here to support the Soldiers. My husband will not be home for Thanksgiving, but, hopefully, in time for the Christmas holiday," said Carol McGilvray, wife of Col. Lester McGilvray, 228th CSH commander. Her husband is still in Iraq and will return with the next group.

When the Soldiers were present, Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, welcomed the troops with, "I'll be short and sweet. We are grateful you are back. You are

See **THANKSGIVING** on Page 4

Walters Street gate to remain open during repairs

By Elaine Wilson

Fort Sam Houston Public Information Office

Visitors and employees who regularly access Fort Sam Houston through the Walters Street gate may want to start planning an alternate route.

Starting Jan. 2, contractors will begin a two-and-a-half month maintenance project at the heavily frequented access control point.

"We're going to repair potholes and damaged areas, then sealcoat the pavement and restripe it," said Raquel Hernandez, Public Works chief of engineering operations.

Additionally, two concrete platforms will be installed for the Chenega security officers to stand on while checking IDs. "Right now, they are standing in the street," said Hernandez. "This is an

important safety measure."

The project will occur in three phases to minimize the impact on incoming and outgoing traffic, Hernandez said. "Doing the work in phases lengthens the project, but it also enables us to keep the gate open at all times."

The ACP's 24-hour, seven-day-a-week schedule will remain, and an out-bound lane will stay open throughout the project. However, drivers will be affected during entry and exit in varying degrees depending on the phase, Hernandez said.

During the first 30-day phase, the two entry lanes used by decal drivers will be blocked off, and the single visitors lane will change to two entry lanes. The lanes will include a mix of visitors and decal holders.

As people enter the visiting and inspection area through the alternate

route, they will be traveling north on 7th Street rather than Scott. The two-way 7th Street will change to one way north with two lanes, one for drivers turning left on Wilson Street and the other for drivers turning right.

Outbound drivers will also be affected during phase one. Drivers going west on Wilson Street will be unable to turn left to exit. Eastbound traffic will still be able to turn right as normal.

"People will simply need to enter Scott north of Wilson," said Hernandez.

For the 30-day phase two, an inbound lane will open back up at Walters, giving drivers an option of three lanes. The two visitor area lanes will remain mixed decal and visitor traffic, but the third lane (on Walters) will be decal only. As for outbound traffic, the restrictions will

See WALTERS GATE on Page 4

Safety remains priority throughout holiday season

By Maj. Gen. George Weightman Fort Sam Houston and AMEDDC&S commander

The Thanksgiving season is the traditional beginning of a holiday period that extends through the end of the year. Our Soldiers, Department of the Army civilians and their families will take well-deserved time off to recognize, each in their own way, this time of celebration and thanks. It is my sincere hope that everyone in our Army Medical Department Center and School family has a joyous and fulfilling Thanksgiving, and takes special care to remain safe throughout this holiday period.

Vehicle accidents remain the leading cause

of accidental deaths across the command. Increased travel places everyone in potentially more dangerous conditions and is an area you can implement measures to mitigate the risk. Utilize the "Next Accident Risk Assessment for Individuals" survey tool at https://safety. army.mil/home.html. Conduct vehicle inspections. Stress the importance of advance trip planning. The dangers of alcohol and drug abuse, speeding, driver fatigue and failure to use safety belts all should be part of your departure briefings.

Suicides also increase during this season; this is an area requiring special attention. Prevention requires that leaders be especially alert to intervene in time. Fellow Soldiers and immediate supervisors are most likely to know and recognize when someone is struggling. They should be encouraged to seek assistance for those in trouble.

Leaders should also emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil.

With positive leadership, we can raise safety awareness and help safeguard our people. Ensure leaders and supervisors discuss seasonal hazards with every Soldier and civilian employee. Identify "at-risk" individuals and intervene with appropriate action. We can make a difference. Thanks for all you do!



Maj. Gen. George Weightman

Fort Sam Houston News Leader

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Stories and photos for publication consideration may be e-mailed to

 $news.leader@samhouston.army.mil\ or\ turned\ in\ on\ a\ disc\ accompanied\ by\ hard\ copy,$ by noon Monday.

Army Medical Department Center and School and Fort Sam Houston Commander Mai. Gen. George W. Weightman **Garrison Commander** Col. Wendy Martinson **Public Affairs Officer** Phillip Reidinger **Public Information Officer** Yolanda Hagberg Editor/Writer Flaine Wilson Staff Writer Chervl Harrison **Layout Artist** Lori Newman

Briefs cont...

Holiday office closures

Human Resources and Administration, Building 2263; the Welcome Center, Building 367; Student Personnel, Building 1290; and the Brooke Army Medical Center ID Card Office will be closed Friday. All facilities will resume service Monday at 7:30 a.m.

ID sections close for updates

The ID card sections in the Welcome Center, Building 367, and at the Brooke Army Medical Center, Student Personnel Center, Building 1290, will be closed to the public Dec. 5 to upgrade the Defense Enrollment Eligibility Reporting System. All ID card sections will resume service Dec. 6 at 1 p.m. People can request ID card service at the following locations: Brooks City-Base, 536-1845; Kelly Air Force Base, 925-5534; Lackland AFB, 671-4178 or 671-6006; Wilford Hall Medical Center, 292-7288 or 292-7144; or Randolph AFB, 652-2276. For more information, call Rene Agosto at 295-8809 or Roy Salone at 295-8829.

A Co. change of command

A Company, 187th Med Battalion's change of command will be Dec. 5 at 4:30 p.m. at MacArthur Parade Field. Capt. James J. Jones will relinquish command to Capt. Jimmy Wade.

Safety officer training

The next collateral duty safety officer training class will be Dec. 13 from 7:30 a.m. to 4 p.m. in Building 2841, Room 2202. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

Audie Murphy induction

The Sergeant Audie Murphy Club induction ceremony will be Dec. 16 at 3 p.m. at Blesse Auditorium. The event is sponsored by the Army Medical Department Center and School and 32nd Medical Brigade.

News Leader seeks feedback

The Fort Sam Houston Public Information Office has published a survey to solicit feedback from the post community. The responses will be used to improve the News Leader. Changes will be integrated starting with the Jan. 5 issue, the first newspaper of the new year. To access the online survey, visit http://www.samhouston.army.mil/pao/default.html, and click on "News Leader Survey." The survey deadline is Dec. 16. For more information, call 221-0615 or 221-1031.

U.S. Army Wounded Warrior Program assists Soldiers

WASHINGTON, D.C. — The

Army announced that it is changing the name of the Disabled Soldier Support System, or DS3 – a program that assists severely wounded Soldiers – to the U.S. Army Wounded Warrior Program.

"The name change of this program is indicative of the warrior spirit that today's Soldiers so proudly display," said Gen. Peter J. Schoomaker, Army chief of staff.

"Medical technology has advanced to the point where Soldiers injured today on the battlefield are much more likely to survive than those injured in previous wars," said Schoomaker. "Soldiers enrolled in the U.S. Army Wounded Warrior Program are also more often able to continue service to their nation in the Army." While the name has changed, the tenets of the program have not, said Army spokesperson Lt. Col. Pamela Hart. She added that the program is designed to provide severely wounded Soldiers and their families with a system of advocacy and follow-up with personal support to assist them as they return to duty, or to civilian life.

"It is the personal attention to detail provided to each warrior by the program's staff that will ensure we do this right, that we take care of those wounded who so valiantly agreed to serve their nation in time of war," said Hart.

"The U.S. Army Wounded Warrior Program is all about taking care of severely wounded Soldiers and their families — about never leaving a fallen comrade — and truly supporting the Warrior Ethos these Soldiers have embodied in their service to our nation," said Col. Mary Carstensen, director of the U.S. Army Wounded Warrior Program.

Carstensen emphasized that "...this is where we need to do it right – to work closely with those Warriors during and after recovery. Recovery is not limited to physical needs, but includes emotional, spiritual, financial and occupational needs as well."

Whatever it takes, we are committed to taking care of our own," said Carstensen.

For more information on the U.S. Army Wounded Warrior Program, call (800) 833-6622.

(Source: Army News Service)

DoD demonstrates global electronic medical records system

By Gerry J. Gilmore American Forces Press Service

BETHESDA, Md. – The U.S. military demonstrated its new Internet-based electronic medical records system to reporters at a rollout ceremony here Monday.

"This is not just an electronic health record that's built around one hospital, or even a local community of hospitals; it moves information globally," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, who attended the event held at the National Naval Medical Center.

The system is called AHLTA, and it operates 24 hours a day, seven days a week, Winkenwerder said, noting all medical data is secured and accessed only by authorized personnel. AHLTA - not an acronym, he said - is the system's name.

The \$1.2 billion system uses off-the-shelf technology and began phase-in across the force in January 2004, officials said. Today, it's been deployed to about 60 percent of the military; full fielding is estimated to occur around January 2007, officials said.

The system will potentially serve more than 9 million U.S. service members, retirees and their families across the globe, Winkenwerder said. Future plans include sharing military medical information contained on AHLTA with the Veterans Affairs Department, Winkenwerder said.

AHLTA was tested and proven in wartime conditions, said Staff Sgt. Kevin M. Walker, a 32-year-old combat medic assigned to the 1st Stryker Brigade, 25th Infantry Division, at Fort Lewis, Wash. Walker used AHLTA's portable electronic medical-record-gathering device when he was in Iraq.

"I think it's a great system," said Walker, who was in Iraq from October 2004 to September 2005. "Anything that can expedite the process of giving (service members) care and helping their care go on further without the paper trail is just a really exciting experience."

Walker demonstrated a field electronic medical data-collection device at the Bethesda ceremony. Service members' medical data contained on a dog-tag-sized electronic information chip, Walker said, is inserted into the medic-carried, palm-sized device for processing, Walker said.

Walker said the device is user-friendly and makes it easy to update a service member's medical information, compared to using old-tech paper forms.

"He puts the dog tags back on, and off he goes," Walker said, noting the information is then forwarded to a main database for the doctor's review.

Widespread use of interactive electronic medical records systems like AHLTA will ultimately produce lower costs, fewer medical mistakes and better care, said U.S. Department of Health and Human Services Secretary Michael O. Leavitt, who attended the event with Winkenwerder.

Medical researchers can use data gathered by AHLTA and similar systems to head off outbreaks of disease, said Navy Vice Adm. Donald C. Arthur, surgeon general of the Navy, also at the ceremony.

"We're talking about the ability to aggregate those records, to put them together so that we can locate disease patterns," Arthur said.

Brooks City-Base lab helps detect avian flu

By Rudy Purificato 311th Human Systems Wing

BROOKS CITY-BASE, Texas — An epidemiology laboratory here is working to develop more effective and timely methods for detecting the deadly avian flu virus.

The Air Force Institute for Operational Health's epidemiology division is doing the research. The effort will support a worldwide Air Force surveillance program designed to safeguard American service members from a potential outbreak.

The division is at the forefront of an Air Force initiative to create more reliable and faster testing procedures for H5N1, the influenza virus that scientists believe has spread from birds to humans across three continents.

"We're developing DNA testing to rapidly screen for avian flu," said molecular biologist Maj. David Eddington, the division's microbiology chief.

This year, Air Force scientists began the process of developing new technology to detect avian flu. The new assay — DNA testing — uses polymerase chain reaction, or PCR, technology. This is an easy method for generating unlimited copies of any fragment of DNA.

Additionally, the organization is capable of performing molecular sequencing of the viral genome, which helps detect mutations, the major said.

Since first appearing in Asian poultry in 1997, the highly pathogenic avian influenza, its scientific name, has mostly killed people who have been in direct contact with domesticated fowl. The deadly respiratory strain has become zoonotic (jumping from non-human host to people), leading to the first reported human death in 1997 in Hong Kong.

Scientists fear that its transmission between humans could trigger a pandemic. Such was the case in 1918, with the Spanish flu; in 1957's Asian flu; and 1968's Hong Kong flu. These outbreaks killed millions worldwide.

To cause a pandemic, it would have to mutate. For avian flu to become pandemic, it would have to mix its genes with those from the naturally circulating flu 'A' strain to transform so that it becomes easily transmissible from human to human, said Linda Canas, chief of the institutes' virology section.

Influenza viruses are known to transform with some frequency. This is why surveillance exists to determine which strain is best for the current vaccine, Eddington said.

"With the influenza virus, two different mutations called 'shift' and 'drift' exist," Eddington said. He said the drift mutation process involves a small nucleic acid variation that occurs after the virus invades a cell and during replication of its nucleic acid genome. Shift mutations, however, involve larger genetic segments and can occur in naturally circulating flu 'A' strains.

"The problem (leading to potential pandemics) is someone infected with a normal circulating flu 'A' strain is also coinfected with avian flu," Eddington said.

He said the co-mingling of virus strains creates conditions for gene sharing. This occurs after an infected cell produces gene segments from both strains and they mix together during the process called self assembly. During this process, the virus mutates into a new variation in which humans have no immunity.

"The Air Force has stepped up worldwide avian flu surveillance. That includes

research sites in South America and Thailand," Canas said.

Since 1997, the Air Force has been executive agent for the laboratory-based Global Emerging Infections System.

This tri-service system relies on a network of global sentinel (early warning) sites, Canas noted. "Our surveillance data is shared with the Food and Drug Administration's Vaccine and Related Biological Products Advisory Committee," she said.

This information is compared with other surveillance information and used to develop North American flu vaccines. Typically, flu vaccines are composed of two 'A' strains and one 'B' strain. All flu vaccines and anti-flu prescription drugs, such as the FDA-approved prophylactic Tamiflu, are made overseas.

Air Force scientists know current flu vaccines offer no protection against avian flu, Canas said.

"We have very little information on the use of Tamiflu," she said. "The only thing that it seems to help is morbidity (onset of illness). We don't know how it will affect mortality."

Thanksgiving

Continued from Page 1

all heroes in our books." Having said that, he announced, "We aren't quite finished. Sgt. Roland Sanchez, front and center!"

Sanchez was hailed with "Happy Birthday" in song from the crowd, as well as his 228th CSH family.

Once dismissed, the crowds converged to give hugs, kisses and shed tears of joy with their returning Soldiers. Sgt. Rosa Hernandez was surrounded by immediate and extended family, but through smiles and tears, said, "It was long, but it was worth it."

Without once looking up, Spc. Christopher Alden gazed at his 6-week old son, Myles Anthony, and with deep emotion said, "I am so grateful. He is so beautiful, and I knew he'd know who I was."



First Lt. Michelle Lopez talks with her father and cousins via cell phone after other members of her family shower her with hugs and flowers at the 228th Combat Support Hospital homecoming Friday.



Photos by Elaine Wilson

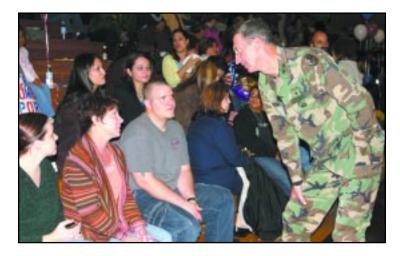
Sgt. Isela Gallardo, of the 228th Combat Support Hospital, holds her 2-year-old daughter, Karina, while she greets her son, Diego. Her other son, Alex, waits patiently for his turn.



Faustina Rodriguez is excited to see her grandson, Ruben, who was deployed to Iraq for nearly a year with the 228th Combat Support Hospital.



Marie Dye holds onto her daughter, Spc. Christina Dye, moments after Christina's arrival to the gym, where families and friends welcomed home Soldiers of the 228th Combat Support Hospital.



(Left) Maj. Gen. George Weightman, commander, Fort Sam Houston and Army Medical Department Center and School, visits with families and friends shortly before the arrival of their loved ones, who were deployed to Iraq for nearly a year.

Walters gate

Continued from Page 1

now be reversed, with the eastbound drivers on Wilson now unable to turn right onto Scott, and the westbound drivers able to turn left. Drivers going east on Wilson can exit by accessing Scott north of Wilson.

During phase three, the shortest at 15 days, incoming drivers will have the same three entry lanes, and outbound traffic will now be able to turn from Wilson onto Scott without restriction.

To minimize traffic backup, the exit from the commissary parking lot adjacent to 7th Street will be closed for the duration of the project.

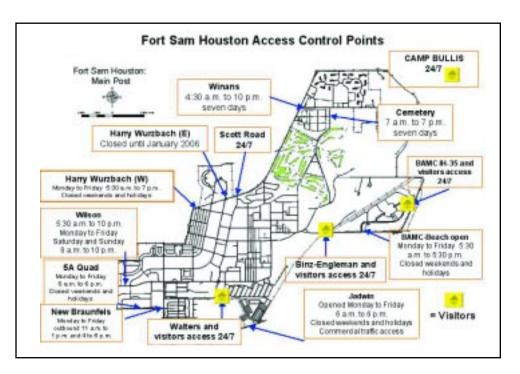
While post leaders have worked to minimize the impact on drivers, they still advise people to consider an alternate route.

"If you decide to use Walters, you

should give yourself some extra time to gain access to the post, particularly the first few weeks of the project," said Staff Sgt. Ronald Shaw, Fort Sam Houston Police traffic section supervisor. "It will be an adjustment period for the security officers checking IDs, as well as for the drivers. Your best bet is to avoid the area and try another gate."

As an alternate route, the New Braunfels gate at Grayson will remain open for exiting traffic between 11 a.m. and 1 p.m. and 4 to 6 p.m. Monday through Friday.

Electronic marquis and Fort Sam Houston Police officers will be on hand to direct traffic and inform people of changes as they occur. The News Leader will also provide updates and schedule changes.



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NSPS implementation date moves to Feb. 1

By Gerry J. Gilmore American Forces Press Service

WASHINGTON, D.C. – The

Department of Defense will delay implementation of the new National Security Personnel System until Feb. 1, acting Deputy Defense Secretary Gordon England said.

England, along with other DoD and Office of Personnel Management officials, provided an update on NSPS matters to members of the Senate Homeland Security and Governmental Affairs Committee at a Capitol Hill hearing Nov. 17.

Several unions recently filed a lawsuit challenging some aspects of NSPS regulations, England said. However, DoD, OPM, the Justice Department and the unions involved in the lawsuit announced an agreement Nov. 16.

"While the lawsuit is in process, we have all agreed that DoD will continue the training on NSPS and will continue collaboration with them on implementation details," England said.

He said the final NSPS regulations were published in the Federal Register Nov. 1. That publication, he said, triggered a 30-day period for congressional review of the regulations prior to their implementation.

NSPS is part of Defense Secretary Donald H. Rumsfeld's program to transform the way DoD does business to better meet the challenges of the 21st century. The new program, in development since 2003, will replace the current generalschedule personnel ranking system with broad pay bands. Employees are evaluated for performance in duties directly tied to departmental missions. Under NSPS, that pay-for-performance system replaces old civil service rules that rewarded employees for length of service rather than performance.

DoD and OPM are partnering to establish the NSPS, which eventually will affect DoD's more than 650,000-person civilian work force.

"Our collaboration with the department has been a joint effort, and I do thank Secretary England and his staff for his leadership during this undertaking," OPM Director Linda Springer told the Senate panel. She said OPM's role in assisting to craft new NSPS regulations was to ensure there is a proper balance between accomplishing missions and the needs of the work force.

"After all, it's the people in government who make the government work. We also recognize that the government's human resources system must protect and promote fairness and transparency, and guarantee equal access for all," Springer said.

NSPS guards against prohibited personnel practices, protects whistleblowers from recriminations and maintains all safeguards against discrimination, Springer said.

She said NSPS achieves the balance of employees' rights to representation and collective bargaining with DoD's mission requirements.

"Finally, the NSPS honors and promotes veterans' preference, a privilege that has been dearly earned through personal sacrifice by our men and women in uniform," Springer said.

Some protective vests recalled, but wearers never at risk

By Donna Miles American Forces Press Service

WASHINGTON, D.C. — The Army and Marine Corps are recalling about 18,000 protective vests, but officials emphasize that troops wearing them are not at risk and that the recall has nothing to do with ballistic plate protection.

The recall, announced Nov. 17, affects 18,425 outer tactical vests — 8,083 from the Army and 10,342 from the Marine Corps, defense officials said.

Officials call the recall a precautionary measure, ordered because the 14 affected lots of vests may not have met contractual specifications regarding ballistic performance when they were produced and fielded between 1999 and 2001. An administrative review conducted in September was unable to confirm that vests had met all the required specifications, officials said.

These specifications go above and beyond standards the vests did meet, including the ability to protect the wearer from fragmentation and 9 mm rounds, officials said.

Both services have enough replacement vests on hand that are known to have met all specifications in the contract to replace those being recalled, officials said.

The protective vest includes removable ballistic panels, interchangeable shells and system for mounting individual tactical equipment on the vest, and front and back inside pockets for inserting the Small Arms Protective Insert, or SAPI.

The recall does not affect SAPI plates, high-tech ceramic plates that slide into the vest to protect wearers from direct fire by modern assault rifles, officials said.

Both the Army and Marine Corps require routine equipment checks to evaluate equipment issued to Soldiers and Marines for potential flaws or sign of wear and tear from aging, officials said. These checks are particularly stringent for safety and protective equipment, such as the protective vests, they said.

The Marine Corps recalled about 5,000 protective vests last May due to questions about the ballistic protection they offered. That recall involved lots that had been accepted and put into use due to the urgent need for more ballistic vests, officials said.

Officials emphasized the waivers were based on two requirements: that the vests offered the required level of fragmentation protection and that they were used in conjunction with SAPI plates.

The protective vest has proven itself in sustained combat operations in Iraq and Afghanistan, and offers far better protection than the personnel armored system for ground troops, or PASGT, flak vest it replaced, officials said.

feedback for a post customer service provider?



Go to the Interactive Customer Evaluation Web site at http://ice. disa.mil and voice your opinion today. **8** Nov. 23, 2005

Take proper precautions to prevent security breach

Misuse of an automated information system is sometimes illegal, often unethical and always reflects poor judgment or lack of care in following security rules and regulations.

Misuse can create security vulnerabilities or cause damage to important information. A pattern of inability or unwillingness to follow rules regarding the operation of computer systems can raise serious concerns about a user's reliability and trustworthiness.

The following are basic guidelines for computer use:

- Do not enter into a computer system without authorization. Unauthorized entry into a protected or compartmented computer file is a serious security violation and is probably illegal.
- Do not store or process classified information on any system not explicitly approved for classified processing.
- Do not attempt to circumvent or defeat security or auditing systems without prior authorization from the system administrator, other than as part of a system test or security research authorized in advance.
- Do not install any software without prior approval from the system administrator.

- Do not use another person's user ID, password or identity.
- Do not permit an unauthorized individual, including a spouse, relative or friend, access to any sensitive computer network.
- Do not reveal passwords to anyone, not

even the computer system administrator.

- Do not respond to telephone calls from people asking computer questions unless familiar with the caller.
- Do not modify or alter the operating system or configuration of any system without first obtaining permission from the owner or administrator of that system.
- Do not create, download, view, store, copy or transmit sexually explicit or sexually oriented materials. It can lead to dismissal.
- Do not annoy or harass someone with uninvited e-mails of a personal nature or use of lewd or offensive language. This can cause someone to be fired.
- Do not use the computer for commercial purposes, in support of "for-profit" activi-



ties or in support of other outside employment, business activity or gambling.

• Do not use office equipment to engage in outside fundraising

activities, endorse a product or service, participate in a lobbying activity or

engage in any prohibited partisan political activity.

- Do not create, copy, transmit or retransmit chain letters or other unauthorized mass mailings.
- Do not engage in activities that are illegal, inappropriate or offensive to fellow employees or the public. Such activities include material that ridicules others on the basis of race, creed, religion, color, sex, disability, national origin or sexual orientation.
- Do not use office equipment to post office information to any external newsgroup, chat room, bulletin board or other public forum without prior approval.
- Do not engage in any personal use that could cause congestion, delay, or disrup-

tion of service to any office equipment. This includes sending pictures, video, sound files or other large file attachments that can degrade computer network performance.

• Do not acquire, use, reproduce, transmit or distribute controlled information without proper authorization.

People who inadvertently receive classified material sent via e-mail or become aware of classified material on an open bulletin board or Web site must report any incidents to the security office.

Many offices permit some personal use of office equipment when it involves minimal expense to the organization, is performed on personal time and does not interfere with the office's mission or violate standards of ethical conduct.

For more information, call Frankie J. Hail, U.S. Army Garrison command security, at 221-1906; Marcie Loya, assistant chief, at 221-1859; or information security at 221-9500 or 221-9611.

(Sources: U.S. Army Garrison, Directorate of Plans, Training, Mobilization and Security, Command Security Office and Security Awareness Education and Training)

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston U.S. Army Garrison units will take place Dec. 1 at 9 a.m. and Dec. 13 at 2 p.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: Jan. 9 to 13, March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

Concerns raised about troop support initiatives as holidays approach

DALLAS — As the holidays approach, many begin thinking about fellow Americans deployed far from home. While all efforts to support troops serving overseas are greatly appreciated, some are admittedly safer and more effective than others.

"Because the Department of Defense discontinued their 'any Soldier' mailing program in October 2001, Americans are unable to easily send letters or packages to troops they do not personally know," said Lt. Col. Debra Pressley, Army and Air Force Exchange Services chief of corporate communications. "This is not done to keep friends and family from sending mail to the troops, but rather to reduce the inherent risks that come with receiving mail from strangers and ease the strain on a taxed military mail system."

Some troop support sites have attempted to address the discontinuation of the popular "any Soldier" program by posting the personal information of deployed troops to the Internet.

In response to military families' concerns about security, defense officials

have distanced their official Web site from sites that publicly post arrival and departure dates to and from Iraq or Afghanistan, home bases, names and addresses.

Shortly after the "any Soldier" program was discontinued, AAFES also set out to find a program that any individual, organization or business could use to send support to troops serving in Operation Enduring Freedom, even if they didn't have a name or address.

The solution to those wanting to help their nameless heroes was found in a gift certificate program dubbed Gifts from the Homefront.

Lightweight, regulated and affordable, these Exchange gift certificates can be redeemed at any AAFES Post or Base Exchange facility in the world, including more than 55 locations supporting Operations Enduring and Iraqi Freedom.

"Gifts from the Homefront" can be sent to a specific Soldier, Airmen, Sailor or Marine or addressed to the attention of "any service member." AAFES works in cooperation with charitable organizations such as the American Red Cross, Air Force Aid Society, Fisher House and United Service Organizations to distribute support earmarked for "any service member."

Reports from Iraq indicate troops are redeeming the PX/BX gift certificates for sports drinks, candy bars and phone cards

"If you know someone serving far from home, please send them letters, baked goods and love from home," said Pressley. "If you don't have a specific service member's name or address, Gifts from the Homefront offers a flexible, efficient and secure care package alternative that makes it easy to show deployed troops you are thinking of them."

People can order Gifts from the Homefront gift certificates at www.aafes.org or by calling (877) 770-

Whether sending a traditional care package or a gift certificate, Americans are advised to mail early.

(Source: AAFES news release)

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial
Readiness Program
at Army Community

Service offers this service. For more information, call 221-1612.

Calling all unit commanders

Do you have new Family Readiness Group and key personnel in your unit? Have your FRG leaders and unit liaisons attended Family Readiness Group training?

When was your last unit ongoing readiness briefing?

OpReady has the information your Soldiers' families need for success in the military.

To schedule your briefings at the unit or Army Community Service, or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.



History lesson

Photos by Olivia Mendoza

Spc. David Avila teaches fourth grade students from local San Antonio schools to march in formation outside the Fort Sam Houston Museum Friday during a Heritage Education Tour. The tour was designed to give students a taste of military life and to show them the importance of the military's role in America. Avila was one of several Soldiers from the Medical Holding Company at Brooke Army Medical Center who volunteered to help with the museum tour.



Staff Sgt. Keenan Hickman shows a San Antonio fourth grade student a list of items she must hunt for throughout Fort Sam Houston Museum Friday during the Heritage Education Tour. The museum used the Army-style scavenger hunt to encourage students to visit various exhibits. The San Antonio Conservation Society Foundation sponsored several tours to the museum for local San Antonio fourth grade students.

Future surgeons



Courtesy photo

A student from Navarro Academy (right) learns how to perform surgery with guidance from Staff Sgt. Lafayette Falkquay during a surgical simulation lab Nov. 15. Five instructors from Fort Sam Houston showed more than 150 students how an operating room works. Some students donned surgical attire and performed surgery on a simulated wound while others watched videos of surgical procedures or examined surgical instruments. "I am certain, after speaking with the counselors, that this had a positive effect on the students who participated," said Lt. Col. John Austin, 91D branch chief.



Staff Sgt. Rahman Ruston, 91D Operating Room
Specialist Branch instructor, demonstrates how to set up for surgery and the proper use of various surgical tools for Navarro Academy students (from left) Juan Mata, Francisco Hernandez and Jonathan Alvarado during a surgical simulation lab Nov. 15.

Use your head ...

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.





Photo by Ed Dixon

Honorable service

(From left) Col. James L. Fletcher, Maj. Harry L. Whitlock, Sgt. Maj. Jose Gomez, Chief Warrant Officer Ezell Powell, Sgt. 1st Class Brad Zink and Col. Rebecca S. Hooper were recognized for their service to the Army and the nation Thursday during the November retirement ceremony sponsored by the Special Troops Battalion. Maj. Gen. George W. Weightman served as the reviewing officer and extended the privilege of inspecting the troops in formation to Col. Rebecca Hooper, Chief Warrant Officer Ezell Powell, Sgt. Maj. Jose Gomez and the senior retirees. Participating units included the Special Troops Battalion headquarters company; A Company, 470th Military Intelligence Brigade; and U.S. Army South headquarters company.

TROOP SALUTE



187th Medical Battalion



Name: 2nd Lt. Olympia Aisha Miller-George Unit: 70B, health services administration

Hometown: San Antonio

Officer of the Week

Future goals: Platoon leader at 101st Airborne C 626 Forward

Support Battallion

Reasons for joining: I have always loved serving my country. I started at the early age of 17 in the United States Navy. Every since then, I wanted to be apart of the armed forces. Now that I am a leader, I am inspired to keep on doing new and better things.



Soldier of the Week

Name: Pfc. Jesse James

MOS: 91X, preventive medicine specialist

Hometown: Horton, Mich. **Time in service:** Seven months

Future goals: Obtain master's degree in social work and run for

political office

Reason for joining: To serve my country

Latest accomplishment: Company Soldier of the month

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9v, Brooke Army Medical Center, or call 916-3352 or 916-5538.



SPORTS

Spurs show support

Kevin Brock, master of ceremonies, presents Col. Richard Agee, Army Medical Department Center and School chief of staff, with a Spurs appreciation plaque Nov. 15 during the Spurs Military Appreciation Night at the SBC Center. For the event, Spurs Sports and Entertainment and season ticket holders donated their seats to injured Soldiers and families of fallen Soldiers from the Fort Sam Houston Soldier and Family Assistance Center. Military veterans from all branches of service were also given donated tickets. Discounted tickets were available to military ID cardholders and many were in attendance for the event.



Photo by Katherine Maple



Fun run

Courtesy photo

Soldiers of C Company, 232nd Medical Battalion, pose for a picture after competing in the 14th Annual Courthouse 4 Mile Run/Walk in downtown San Antonio Saturday.

Sports Briefs . . .

Intramural sports

Fall leagues are forming now. Send letters of intent for the sports listed below to: Attn: Earl Young, 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural bowling

The intramural bowling league is forming now. Letters of intent are due Dec. 2. A coaches meeting will be Dec. 14 at 2:30 p.m. at the bowling center. The season starts Jan. 9.

Intramural billiards

Letters of intent are due Dec. 3. A coaches meeting will be Jan. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Jan. 19.

Intramural pingpong

Letters of intent are due Dec. 3. A coaches meeting will be Jan. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Jan. 17.

Golf association seeks new members

The Fort Sam Houston Women's Golf Association is looking for new members. All eligible women golfers are invited to join. The association, which plays Tuesday mornings, offers both a 9-hole group and an 18-hole group. For more information on the first group, call Barbara Rhea at 490-2727, and for the second group, call Nita Whiting at 653-0418.

Car seat safety is everyone's responsibility

Story and photo by Cheryl Harrison Fort Sam Houston Public Information Office

A car seat safety check was held Wednesday for all interested Fort Sam Houston military and civilian ID cardholders.

Car seat safety specialists from Child Health and Safety, University Hospital, were on hand to inspect car seats for possible recall, ensure seats were properly installed and safety restraints were being used properly.

"We held this safety check as a convenience for anyone with car seats in their automobiles. This ensures children are secured in a properly installed safety seat," said John Williams, Army Community Service Family Advocacy Program educator.

Correctly installing a child safety seat can be challenging, especially with the wide variety of restraint systems, vehicle belt systems and passenger vehicles available on the market today.

"The No. 1 overlooked safety feature," Williams said, "is that people don't read the owner's manual, not only for the car seat, but their automobile manual. Vehicle owner manuals have instructions for the proper use of the seat belt system when installing a child safety seat."

Williams said even toys can be a hazard. "All toys made for a child's car seat are not certified by the National Highway Traffic Safety Administration," he said. "If an accident should happen, those toys can potentially become flying projectiles, causing injury or death to a child."

Education and awareness are the keys to proper car seat use. Here are some tips for keeping children safe in vehicles:

- Infants must always be placed in rear-facing seats until they are at least 1 year old and 20 to 22 pounds.
- Never place a rear-facing infant seat in front of a passenger air bag.
- Children who have outgrown child safety seats should be properly restrained in booster seats until at least 8 years of age and about 40 pounds.
- If using an old or used car seat, ensure it has all of its parts, including instructions. Do not use old or used car seats that have been in a crash. Seats six years old or older should be discarded



John Williams, Army Community Service Family Advocacy Program educator, reviews a child passenger checklist with Shannon Paul, while 7-month-old Elizabeth Paul enjoys the "ride."

and never used.

• Get car seats inspected while the seat is installed in the car.

Resources are available in the community and on post to aid parents with current and accurate car seat information, such as SeatCheck.

SeatCheck is a program designed to provide parents with information about car seat tips, current car seat recall information, as well as a car seat inspection locator. To find the nearest car seat inspection station or other information, call SeatCheck at (866) SEAT-CHECK or visit www.SeatCheck.org. Information is available in English and Spanish. People can also call Fort Sam Houston Army Community Services at 221-0349 or 221-2418.

(Note: Capt. Kyndra Jackson, Brooke Army Medical Center Public Health Nursing, contributed to this article.)

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



Photo by Jack Gillund

Soldiers perform the final number of the 2005 Army Soldier Show, "Operation America Cares," during a performance at Fort Belvoir, Va. Soldiers interested in performing in or working as technicians for the 2006 Army Soldier Show have until Dec. 30 to apply.

Soldier Show seeks performers, technicians

By Jack L. Gillund U.S. Army Community and Family Support Center Public Affairs

ALEXANDRIA, Va. — Nominations for Soldiers interested in performing in or working as a technician for the 2006 Army Soldier Show must be received by Dec. 30.

The Army Soldier Show selection committee is accepting nominations for performers in the categories of vocalists, dancers, musicians and specialty acts. Nominations for technicians are being accepted for lighting, audio, video, costume makers and stage technicians.

Along with sharing talent with Soldiers and their families around the world, people selected to be a part of the production will also receive college credit from Rutgers, The State University of New Jersey.

"Performers are eligible for 12 credits from that university," said Victor Hurtado, artistic director for the Soldier Show. "The credits are in technical theater, performance and movement. They're fully transferable elective credits, whether the Soldiers continue in theater or not."

The selection of nominees through local installation or regional-level competitions is encouraged but not required. Soldiers also may submit individual audition packets through the directorate of Morale, Welfare and Recreation at their installation.

Preference will be given to performers who show versatility in musical style and experience, and technicians with experience and a variety of skills. Technicians with past leadership and building experience, and mechanical or electrical aptitude may also be considered for positions of higher responsibility.

All nominations must include name, rank, Social Security number, unit address, duty telephone number, e-mail address and performance specialties (singer, dancer, etc.) or technician specialties (lighting, audio, carpentry, electrical work, etc.).

Performer nominees must submit a one-half inch VHS videocassette or DVD that demonstrates musical style, vocal range and special talents. Emphasis should be given to musical variety. The recommended format is a spoken introduction, a minimum of two songs of contrasting styles and a segment devoted to additional talents, such as dance or instrumental performance. Musician nominees must also submit an audio tape of good quality that meets the above specifications. Performers may include technical expertise in their resumes.

Technician nominees should submit technical experience resumes that highlight their skills in sound, lighting, construction, carpentry and stage management. Photos of past work should be included if available.

Nominees must be deployable worldwide, have a minimum of 90 days time-in-service remaining after completion of the Soldier Show tour and must meet the Army's height and weight standards as specified in Army Regulation 600-9. As part of the selection process, they must provide an official Department of the Army photo, copy of their enlisted or officer records brief and their most recent record Army physical fitness test. Fitness tests should not be more than six months old. Profiles will be evaluated on a case-by-case basis.

Video auditions and technical reviews will take place in January. Finalists will be notified through their respective regional headquarters. Their units and installations will receive an information copy of the notification.

Army Entertainment Division then will issue temporary duty orders for the final audition, scheduled to be held at Fort Belvoir in March. After which, the U.S. Army Community and Family Support Center will issue attachment orders for Soldiers who are selected to be members of the cast and crew.

Being attached to the show that is put on by Soldiers for Soldiers isn't a vacation from the military way of life, though. Hurtado said Soldiers who are attached to AED are expected to maintain their military disciplines.

Nominations should be sent to: U.S. Army Soldier Show, Attn: 2006 Selection Committee, P.O. Box 439, Fort Belvoir, VA 22060 For more information or artistic inquiries, e-mail Hurtado at victor.hurtado@cfsc.army.mil. Military questions should be addressed to 1st Sgt. Tarron Pierce at (703) 806-4937 or DSN 656-4937.

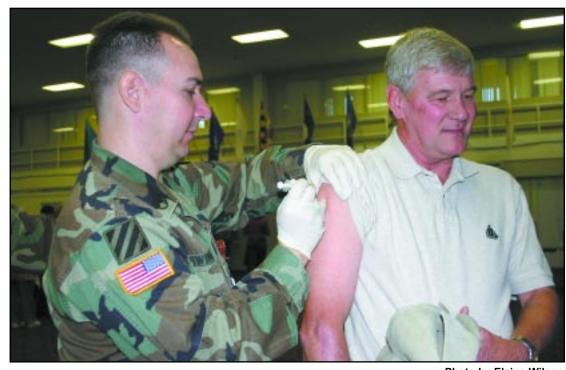


Photo by Elaine Wilson

Staff Sgt. James Swinney gives Phil Cornett a flu shot Nov. 17 at the Roadrunner Community Center. The immunization is one way to prevent sickness during the cold and flu season.

Healthy routine can ward off flu

The single best way to prevent the flu is to get vaccinated each fall, but good health habits and antiviral medications are other measures that can help protect against the flu.

October and November are the best months to get vaccinated, but people can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated; however, certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

People who should get vaccinated each year include:

- People 65 years and older;
- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses;
- Adults and children 6 months and older with chronic heart or lung conditions, including asthma:
- Adults and children 6 months and older who needed regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes); chronic kidney disease; or weakened immune system, including immune system problems caused by medicines or by infection with human immunodeficiency virus;
- Children 6 months to 18 years of age who are on long-term aspirin therapy. Children given aspirin while they have influenza are at risk of Reye syndrome;
- Women who are pregnant during the influenza season:
- All children 6 to 23 months of age; and
- People with any condition that can compromise

respiratory function or the handling of respiratory secretions (that is, a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)

Because nearly one-third of people 50 to 64 years of age in the United States have one or more medical conditions that place them at increased risk for serious flu complications, the vaccination is recommended for people ages 50 to 64

Any person in close contact with someone in a high-risk group (see above) should get vaccinated. This includes all health-care workers, household contacts and out-of-home caregivers of children up to 23 months of age, and close contact with people 65 years and older.

Make the following steps a part of a healthy routine:

- Avoid close contact with people who are sick. When sick, keep a distance from others to protect them from getting sick too.
- If possible, stay home from work, school and errands when sick to help prevent others from catching an illness.
- People should cover their mouth and nose with a tissue when coughing or sneezing.
- Washing hands often will help protect people from germs.
- Avoid touching eyes, nose and mouth as much as possible. Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose or mouth.
- Get regular exercise, enough rest and eat healthy balanced meals.

For flu vaccine availability at Brooke Army Medical Center, call 916-7FLU.

(Source: Centers for Disease Control and Prevention, Department of Health and Human Services)

Health Promotions November Class Schedule

CI.	District	TD*	DI	
Class	Dates	Time	Place	
Asthma Management (adult)	Tuesday	2 to 3:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V	
Diabetes Management	Monday	12:45 to 4:30 p.m.	n. BAMC nursing administration conference room,	
	Tuesday		third floor, Room 313-11	
Living with Fibromyalgia	Wednesday	1 to 4 p.m.	BAMC radiology, conference room, Room 129-13A	
Foot Care for Diabetics	Monday	1 to 2:30 p.m.	BAMC Conference Room, fourth floor, Room 413-11	
Yoga	Wednesday	12 to 1 p.m.	BAMC occupational therapy clinic	
To register, call Brooke Arm	v Medical Cen	ter Health Promotion	ns at 916-3352. For Diabetes Management, call 916-0794.	

Health benefits open season

The Federal Employees Health Benefits and Federal Flexible Spending Account open seasons run through Dec. 12. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at https://www.abc.army.mil or by calling (877) 276-9287. Comparison booklets are available at http://www.opm.gov/insure/health.

Post Pulse: How do you stay healthy during the cold and flu season?



"I sit in the hot tub every night, eat well, rest, and I don't worry about things (over) which I haven't any control." Robert Biskup



"Eat well, get plenty of rest and wash my hands a lot."

Capt. Scarlett Foster



"I try to eat the right things and exercise."

Olga Vasquez



"Eat good and drink a lot of juice." Antonia Vasquez

Get moving

Active lifestyle can prevent holiday weight gain

By Spc. Todd Goodman Landstuhl Regional Medical Center Public Affairs Office

LANDSTUHL REGIONAL MEDICAL CENTER, Germany –

For many, the holidays are a crossroads, with one path leading to moderation and the other, overindulgence.

"It's easy to fall into the festival frenzy," said Sue Walker, Landstuhl
Regional Medical Center dietitian. "We go and eat all of these foods that are extremely high in fat ... eat and eat and eat."

It is better to get

It is better to get moving and stay active, Walker said. To illustrate just how important an active lifestyle is to maintaining a healthy weight, consider how long it takes to burn calories.

To burn 170 calories, the equivalent of a regular-sized sausage patty or a taco, people would have to walk for 33 minutes, cycle for 21 minutes, swim for 15 minutes, jog for nine minutes or sit for 131 minutes.

To burn 237 calories, or a vegetarian chow mein with rice meal, people would have to walk for 46 minutes, cycle for 29 minutes, swim for 21 minutes, jog for 12 minutes or sit for three hours.

For a 420 calorie bacon burger, people would have to walk for 81 minutes, cycle for 51 minutes, swim for 38 minutes, jog for 21 minutes or sit for five hours and 23 minutes.

To burn 521 calories, or a bratwurst on a bun, people would have to walk for 100 minutes, cycle for 64 minutes, swim for 47 minutes, jog for 26 minutes or sit for nearly seven hours.

Bringing up the rear is a two-piece fried chicken dinner. To burn off the 600 calories this meal contains, people would

have to walk for 116 minutes, cycle for 73 minutes, swim for 54 minutes, jog for 30 minutes or sit for nearly eight hours.

Fresh fruits and vegetables, along with being healthier, take much less time to burn off.

The time it takes to burn calories will vary with a person's measurements, age, metabolism and sex — males typically burn calories faster than women.

To burn fat, people must burn more

calories than they take in. German people offer a good example, as they eat foods high in fats, yet on average are less obese than Americans.

"The German people can get away with eating these foods because they bike and walk everywhere," Walker said. "Show me an 80-year-old granny who bikes in the states. I see 80-year-old men and women here all of the time who bike to the market. That activity really helps."

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Chong Partch (left) slices oranges, while Sheryl Bowers chops vegetables for the salads.



Rocco Dining Facility

Thursday
Breakfast, 6:15 to 8:15 a.m.
Lunch, 12 to 2 p.m. (Thanksgiving meal)
Dinner, 5 to 6:30 p.m.

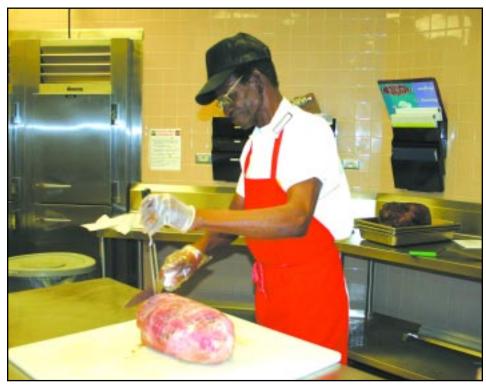
Slagel Dining Facility

Thursday
Breakfast, 6:30 to 8:30 a.m.
Lunch, 12 to 2:30 p.m. (Thanksgiving meal)
Dinner, 5 to 6:30 p.m.

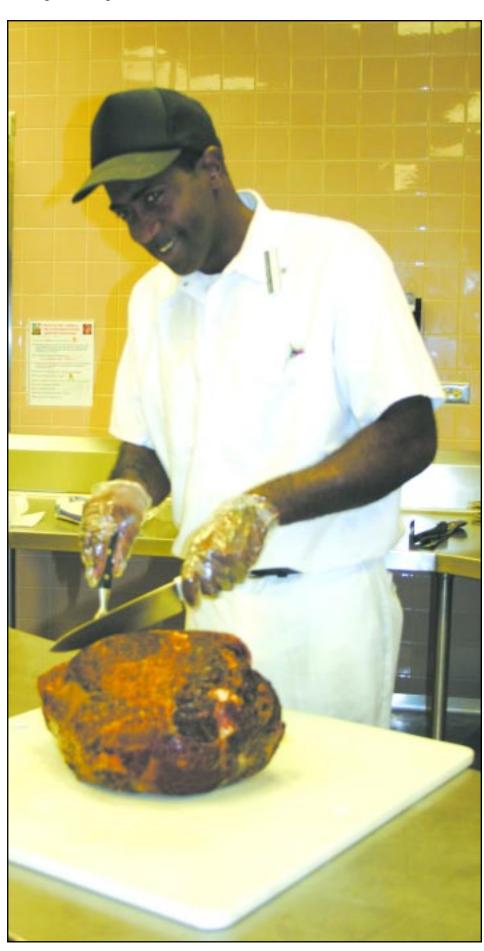
Camp Bullis Dining Facility

Thanksgiving Day meal observed today
Breakfast, 5:30 to 7 a.m.
Lunch, 11:30 a.m. to 1 p.m. (Thanksgiving meal)
Dinner, 5 to 6:30 p.m.

The meal rate of \$5.80 will be in effect for cash diners during the Thanksgiving Day lunch meal period at each dining facility.



Clifton Wallace makes sure he has a hold of a turkey roll with tongs before he begins slicing.



Richard Stevenson prepares to slice the prime rib for Thanksgiving dinner.



Francisca Santana (front) slices an apple pie, while Sonia Martinez wraps and prepares the pastries for dinner.

Chefs prepare feast with home-cooked flavor

Story and photos by Cheryl Harrison Fort Sam Houston Public Information Office

All is quiet out front at the Rocco Dining Facility, but behind the scenes is a flurry of activity, as cooks prepare a meal to satisfy all the Thanksgiving diners during the lunch meal Thursday.

Thanksgiving is traditionally a meal that includes plenty of planning, preparation time and a lot of food. At the dining facility, colossal is a better way to describe the event. The facility's grocery list consists of about 1,000 pounds of turkey, 600 pounds of ham and 700 pounds of prime rib, and that is just the meats. Not to mention desserts such as the 125 pumpkin and

pecan pies.

The meal preparations began early Monday and will continue through Thursday, with chefs working around the clock to ensure that everyone has a hot, delicious, traditional Thanksgiving dinner.

ditional Thanksgiving dinner. Many of the dishes planned are grandma's time-tested recipes, approved by the food service offi-

"We are expecting about 700 diners this year, the majority of which will be Soldiers, retired service members and their families," said Van Robert, Rocco Dining Facility manager.

The Rocco facility is

already decorated with garlands, cascading leaves, pictures of turkeys and acorns and the traditional honeycomb turkeys. The tables will be set with tablecloths and napkins, in the hopes each guest will feel special.

"Our concern is to ensure every Soldier has a full traditional Thanksgiving dinner," said Darryl Marshal, dining facilities special project officer. "We want to make this as close to a home setting as possible."

The way the dining facility creates a homey environment is through decorations.

"We get our decorations from the Army and Air Force Exchange Service, in a deco kit," said Mary Garza, food program manager. "We then allow all of our employees to decorate the facility themselves. It gives them the feeling they are giving a part of them-

selves to the Soldiers. We think it looks festive, and we hope our diners find it that way, too."

The dining facility is decorated and ready for the holiday rush, as are the employees.

"I could retire, but I work all over here. I love it, and they need me," said Okson Rush, an employee since 1982. Her smile and contagious desire to serve are evident.

Tomorrow is Thanksgiving, and if people are craving a home-cooked, traditional meal, they should plan to dine at the Fort Sam Houston dining facilities. The holiday meal price is \$5.80 per person during the lunch meal at each dining facility.

Thanksgiving Day Menu

Shrimp Cocktail, Chicken
Corn Chowder,
Spinach Salad, Cottage
Cheese Salad, Jellied Fruit
Salad,

Tossed Garden Salad,
Potato Salad with Mustard,
Roast Rib of Beef, Baked
Ham, Honey Glazed Rock
Cornish Hens,
Roast Turkey, Natural Pan

Gravy,
Corn Bread Dressing,
Savory Bread Dressing,
Mashed Potatoes, Candied
Sweet Potatoes,
Corn, Collard Greens,
Corn Bread, Hot Rolls,
Pumpkin Pie, Pecan Pie,
Cakes, Fruits and
Beverages

Tips for safe, happy holiday season

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers and pickpockets a better chance to do their dirty work. Crooks love the holidays just as much as everyone else, but chiefly because it's an opportune time for crime.

During the holidays homes are jampacked with glittering gifts; stores, malls and downtown streets are filled with unsuspecting shoppers; and people rush around, stressed out and careless, looking for last-minute gifts, trying to get everything done. All this combined is enough to make a crook giddy with holiday joy.

Here are some tips on how to celebrate safely this holiday season:

If traveling

- Get an automatic timer for your lights.
- · Ask a neighbor to watch your home and park in the driveway from time to time.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure

sign you're gone.

• Call or stop by the military police station and sign up for the House Watch Program.

If out for the evening

- Turn on lights and a radio or television so it looks like someone is home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

If shopping

- Stay alert and be aware of what is going on around you.
- Park in a well-lit space, and be sure to lock the car, close the windows and hide shopping bags and gifts in the trunk.
- Avoid carrying large amounts of cash; pay with a check or credit card whenever
- Deter pickpockets and purse-snatchers.

Don't overburden yourself with packages. Be extra careful with purses and wallets. Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pocket.

- If shopping with kids, teach them to go to a store clerk or security guard if you get
- Be aware of scam artists offering you a deal that is too good to be true.

Take a holiday inventory

The holidays are a good time to update, or create, your home inventory. Take photos or make videos of items, and list descriptions and serial numbers. If your home is burglarized, having a detailed inventory can help identify stolen items and make insurance claims easier to file. Make sure things like televisions, VCRs, stereo equipment, cameras, camcorders, sports equipment, jewelry, silver, computers, home office equipment and power tools are on the list.

Remember to check it twice.

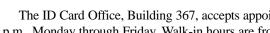
If a stranger comes to the door, beware. Criminals sometimes pose as couriers delivering gifts. And, it's not uncommon for people to try to take advantage of others' generosity during the holidays by going door-todoor for charitable donations when there's no charity involved. Ask for identification, and find out how the funds will be used. If you aren't satisfied, don't give. Help a charitable organization you know and like instead.

Last, but not least, don't let holiday stress get the best of your holiday spirit. Make time to get together with family, friends and neighbors. And, think about reaching out in the spirit of the season and helping someone who is less fortunate or lonely.

Do your part to make the holidays a safe and happy time for everybody except criminals.

To report suspicious activity, call the Fort Sam Houston Police at 221-2222. (Source: Provost Marshal Office)





Need an ID Card?

The ID Card Office, Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. People can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor in the TRICARE Office. To schedule an appointment, call 916-0838.





Courtesy photo

Greetings from San Antonio

People from the San Antonio community sign greeting cards for service members from Fort Sam Houston who will be deployed during the holidays. During the four-hour cardsigning event on the northwest side of the city, people wrote words of encouragement in more than 400 greeting cards donated by Hallmark. The event was sponsored by Journey Church of San Antonio. "Our aim is to encourage and support our troops and to make being away from family just a little easier during the holidays," said Pastor Danny Jones, from Journey Church. "We want to thank all of the people who signed cards and made this event work," said Chief Warrant Officer Michael Harrison, of Headquarters and Headquarters Detachment, 470th Military Intelligence, who helped coordinate the event.

RELIGIOUS HAPPENINGS.

Thanksgiving Day observance

The Fort Sam Houston community is invited to the non-denominational Thanksgiving Day observance today from 10 to 10:30 a.m. at the Main Post Chapel.

Chapel youth group

The Fort Sam Houston chapel youth group meets every Sunday from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. The group will attend the Pure Excitement seminar and concert Sunday. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

INTERFAITH CALENDAR . .

November

Thursday - Thanksgiving - Interfaith USA American holiday proclaimed by the president. Sunday to Dec. 24 - Advent - Christian time of preparation for observing the birth of Jesus Christ

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg

Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-

Catholic Services - Sundays: 12:30 p.m. - Mass

Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

Brooke Army Medical Center Chapel, Building

3600, 916-1105

Catholic Services: 8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Med. Bde. Soldiers **Troop Protestant Gospel Services:**

Sundays: 11 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service: Sundays: 9 a.m. -32nd Med. Bde. Soldiers

Samoan Protestant Service: Sundays: 12:30 p.m.

FSH Mosque, Building 607A, 221-5005 or 221-5007 10:30 a.m. - Children's Religious Education -

Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

Installation Chaplain's Office, Building 2530, 295-

Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain



Photo by Katherine Maple

Drawn to health

Spc. Nancy Cisnero draws blood from Les Walters for a cholesterol and diabetes screening at the Health and Wellness Fair Nov. 16 at the Jimmy Brought Fitness Center. The fair, sponsored by Fort Sam Houston Morale, Welfare and Recreation, also included weight training, nutritional information and raffle prizes.

HIGH SCHOOL NEWS

Cole students learn realities of tobacco use

By retired Lt. Col. Robert Hoffmann Robert G. Cole Jr./Sr. High School

Robert G. Cole Jr./Sr. High School students learned about the harmful effects of smoking and tobacco use Nov. 15.

Julie Bissel and Ruth Roscoe, both from the Brooke Army Medical Center Health Promotions Office, visited the school and spoke to students during both lunch periods.

"It is essential to get this information to our

young people before they develop unhealthy habits," Bissel said.

Students viewed displays of healthy lungs and lungs damaged by tobacco. They asked questions and received informational pamphlets. Several students requested information to share with their parents about the effects of tobacco.

"Do you see what this man's teeth look like? I will never use tobacco," said senior Michael Sloan, while browsing through a pamphlet. For some, at least, the point got across.

Regular board meeting

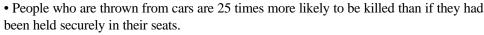
The Fort Sam Houston Independent School District board of trustees will meet for a regular board meeting Nov. 30 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

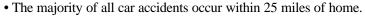
Hang up

Drivers are no longer allowed to use hand-held or hands-free communication devices such as cell phones and two-way radios or electronic devices such as data assistants while driving a vehicle. People can view the policy at http://fsh-intranet.amedd.army.mil, click on "Cell Phone Policy." For more information, call the Fort Sam Houston Safety Office at 221-3866.



Why wear seatbelts?





- 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented about 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)



MWR

Recreation and Fitness

Garage sale

Clean out your closets for the next garage sale Dec. 3 from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking



lot. This event is in conjunction with the Christmas Along the Corridor from 1 to 5 p.m. There is no cost; however, a seller must have a valid Department of Defense ID card. To pre-register, call 221-2307 or 221-2601.

Boxing match at fitness center

Fort Sam Houston Morale, Welfare and Recreation and First Command Financial Planning present "Boxing

at the Brought" Dec. 10 in the main gymnasium of the Jimmy Brought Fitness Center. Doors open at 5 p.m. and the first bout is at 6 p.m. The boxers are military and civilian men and women registered with USA Boxing. For more information, call 221-1342. MWR will provide giveaways from Army and Air Force Exchange Service and Calm Day Spa.

Auto Craft Shop

Get your car winter ready with a free winterization check at the Auto Craft Shop. Check includes anti-freeze levels, inspection of all belts and examination of the engine. For more information, call 221-3962.

Cycling class

The Jimmy Brought Fitness Center

offers free cycling classes Tuesdays and Thursdays at noon and Wednesdays at 4:45 p.m.

Library display

The library has a display of books, videos and pictures for National American Indian Heritage Month.

Dining and Entertainment

Sam Houston Club, 224-2721

Thanksgiving luncheon

The Thanksgiving luncheon is Thursday from 11 a.m. to 3 p.m. Cost is \$14.95 for members, \$16.95 for nonmembers, \$6.95 for children ages 6 to 11 and free for children 5 and under. For reservations, call 224-2721.

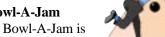
Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

Bowl-A-Jam



Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

Golf Club, 221-4388

Golf lessons

Private customized and personalized instructions are offered at the golf course.

Around the Corner Frame Shop

The Around the Corner Frame Shop is located at 407 Dickman Road, on the lower level of the former Officers' Club building. In addition to framing service, the shop offers specialty items like engravings, medals, trophies, combat medic statues, military coin racks and flag cases. The engraving shop now has post housing door tags for \$15. For more information, call 224-7125 or 224-7126.

Vera's Barbershop

Vera's Barbershop is located at 407 Dickman Road (former Officers' Club),

and specializes in military cuts. For more information, call 223-3664.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will feature "Sorry! Wrong Chimney!", a yuletide farce by Jack Sharkey and Leo W. Sears, Wednesday through Saturday evenings through Dec. 22. Discounts for military and students are available. For reservations, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. Alamo Bowl tickets are available for the Dec. 28 game; tickets are on sale Dec. 1 to 18 for \$9. Tickets are also available for the free Band of the Blue Air Force concert, "Holiday in Blue," Dec. 11 to 13 at Laurie Auditorium. Tickets at the door are first come, first served. Season passes are available for SeaWorld and Fiesta Texas. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

Auto Craft Shop	Closed	1 to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Bowling center	Closed	Closed	2 to 9 p.m.	2 to 8 p.m.
Canyon Lake	8:30 a.m. to 12 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.
Camp Bullis	Closed	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.
Equestrian center	Closed	7 a.m. to 6 p.m.	7 a.m. to 6 p.m.	7 a.m. to 4:30 p.m.
Equipment center	Closed	8 a.m. to 5 p.m.	Closed	Closed
Golf Club	Closed	6 a.m. to 5 p.m.	6 a.m. to 5 p.m.	6 a.m. to 5 p.m.
Hacienda	1 to 9 p.m.	1 to 9 p.m.	1 to 9 p.m.	1 to 9 p.m.
Harlequin	Closed	12 to 5 p.m.	1 to 5 p.m.	Closed
Jimmy Brought Library	Closed Closed	9 a.m. to 5:30 p.m. 11 a.m. to 8 p.m.	9 a.m. to 5:30 p.m. 11 a.m. to 8 p.m.	9 a.m. to 5:30 p.m. 11 a.m. to 8 p.m.
RV Park	Closed	9 a.m. to 4 p.m.	10 a.m. to 5:30 p.m.	10 a.m. to 5:30 p.m.
Sam Houston Club	11 a.m. to 3 p.m.	Closed	Closed	Closed

MWR Thanksgiving Operating Hours

Friday

MWR CHILD AND YOUTH SERVICES



Youth Happenings

CDC closure

The Fort Sam Houston Child Development Center will be closed Friday.

Youth Center holiday hours

The Youth Center will be closed Thursday, and will be open Friday at 1 p.m. and Saturday from 3 to 11 p.m. for sixth through 12th graders. For more information, call 221-3502.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-

school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be regis-

tered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Cooking classes

The Youth Center offers cooking classes Fridays from 5 to 6 p.m. For more information, call 221-3502.

Parent News

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Dec. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Youth Services registration

Youth Services registration will start Dec. 5 and be held Monday through Friday from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central

Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

ArmyFCC Online

Fort Sam Houston Family Child Care Program is now on ArmyFCC Online, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

PCI enrollment opportunity

The Parent Child Incorporated Child Development Center is taking applications for enrollment. This is a free childcare program. Eligibility is based on federal guidelines. For more information, call

221-3788.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration to register at 221-4871 or 221-1723. Preschool is from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and afterschool care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



Happenings

USO to serve Thanksgiving dinner

United Service Organizations Council of San Antonio and central Texas will serve hundreds of military personnel and their families a Thanksgiving feast Thursday from 1:30 to 3:30 p.m. The Riverwalk restaurant, Boudro's, will serve turkey and all the trimmings. The event is open to service members and their families with valid military ID cards, including spouses and family members of those military members who are deployed overseas. The doors will open at 1:30 p.m. at the USO Community Center, 420 E. Commerce St., San Antonio. For more information, call Ray Holmes at 227-9373, ext. 17, or visit www.alamouso.org.

Trinity University Christmas concert

Trinity University will host its annual Christmas concert Dec. 2 at 8 p.m. in Laurie Auditorium at the university and will feature members of the various Trinity choirs, the Trinity symphony orchestra, the symphonic wind ensemble and the Parker Handbell choir. The one-night-only concert is free and open to the public. No tickets or reservations are required. After the concert, audience members will be treated to seasonal music performed by the Trinity jazz ensemble in the lobby of Laurie Auditorium.

Chordsmen Christmas show

The 2005 Chordsmen Christmas show will be Dec. 3 at 3 and 7:30 p.m. at McCallister Auditorium, San Antonio College. Active duty military personnel and students are admitted free. The Chordsmen invite men to sing four-part a cappella harmony with the chorus or as a member of a quartet. The group meets every Monday night from 7 to 10 p.m. at the Western Hills Christian Church, corner of Huebner and Eckert in northwest San Antonio. For more information, call 490-4191 or 340-1110.

Boerne Christmas walk

The Randolph Roadrunners Volksmarch Club will host a 10K and 5K walk in Boerne, Texas, Dec. 3. Start at St. John Lutheran Church, 315 E. Rosewood Avenue in Boerne. For more information, call Suzanne Markgraf at 651-9378, e-mail suzannemarkgraf5939@earthlink.net or visit the club Web site at www.geocities.com/randolphroadrunners/.

San Antonio walking tour

Army Community Service Relocation Program and the United Service Organizations will offering a walking tour through downtown San Antonio Dec. 1 from 8:45 a.m. to 1 p.m. Participants will meet at the Roadrunner Community Center, Building 2797, Stanley Road, and transportation is provided. Bring money for lunch or a sack lunch. Register at the ACS table at the Newcomers' Extravaganza Tuesday or call the ACS Relocation Program at 211-2418

Johnson City lights spectacular walk

The Selma Pathfinders Volksmarch Club will host a 10K walk Dec. 10 to view the Christmas lights and other events in Johnson City. Start at the Pedernales Electric Cooperative, community room, 201 South Avenue F, in Johnson City between 5:30 and 6:30 p.m., finish by 9:30 p.m. For more information, call Phyllis Eagan, 496-1402 or e-mail milchene@juno.com.

Deerfield Christmas light walk

The Randolph Roadrunners Volkmarch Club will host a 10K walk Dec. 11 at the Deerfield Subdivision in north San Antonio to view the Christmas light displays. Start at the Deerfield subdivision recreation center between 5:30 and 6:30 p.m., finish by 9:30 p.m. For more information, call Joanne or Carlen Forinash at 493-8543, e-mail cwforinash@aol.com or visit www.geocities.com/randolphroadrunners/.

Professional Development

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit www.goarmyreserve.com.

Army health care recruiting

A health care professional's greatest calling is to serve the Soldiers who defend our nation's freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

Bank of America Career Fair

Bank of America will host a job fair Tuesday from 10 a.m. to 3 p.m. at 1422 East Grayson St., San Antonio. Candidates with customer service or call center experience are needed. Bring resume copies. For more information, e-mail Jennifer. dearing@bankof America.com.

Green to Gold briefing

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Barela, from St. Mary's University, will be available to answer questions. Briefings will take place Dec. 5 and Jan. 23 at 11 a.m. and 12 p.m. at Building 2247, next to the education center, in the training room. For more information, call 221-9881.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site at www.usarec. army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6, and the last four of the phone number.

Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program.

Automated, self-paced training is available on all Microsoft Office programs. Typing instructions are also available in Spanish. For more information, call Gabriele Dias at

221-0516 or Jennifer Swiger at 221-0427.

St. Mary's University

The St. Mary's University office at Fort Sam Houston is temporarily operating on a limited schedule. St. Mary's University offers more than 20 master of arts and master of science degrees as well as community counseling and international relations online degree programs. Spring term begins Jan. 18, and course schedules are available online at www.stmarytx.edu/registrar. For more information, call 658-4852 or visit with a St. Mary's representative Wednesday.

Cyber security programs at OLLU

Students interested in information technology careers can now specialize in cyber security through programs offered at Our Lady of the Lake University. In addition to traditional technology courses, students take courses geared toward computer and network security management. An OLLU representative will be at the Fort Sam Houston Education Office Wednesday from 11 a.m. to 1 p.m. and Dec. 8 and 16 from 10 a.m. to noon. For more information, visit www.ollusa.edu.

Meetings

Federally Employed Women

The Fort Sam Houston Federally Employed Women Chapter seeks members for its organization. The chapter meets the second Wednesday of the month. FEW enhances career opportunities for women, maintains a unified and diverse membership and provides opportunities for professional growth through leadership development, education, mentoring and networking. For more information, call Arcelia Longoria at 658-4046 or 823-6344.

Notre Dame Club of San Antonio

The Notre Dame Club will hold a general membership meeting Dec. 7 at 7 p.m. at the Thousand Oaks Racquet Ball and Fitness Center, 2263 Thousand Oaks. The public is invited.

Purple Heart veterans sought

Purple Heart veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat-related entitlements and claims benefits. Registration begins at 9 a.m. People should bring their DD Form 214 and a short biography.

Helicopter pilot association

The Combat Helicopter Pilots
Association is incorporated in Washington,
D.C., to establish a legacy organization
designed to forge links among past, present
and future rated U.S. military helicopter
aviators and to celebrate their combat heritage. CHPA will draw from a worldwide
veteran and deployed membership base in
all U.S. service branches. Several other
membership categories related to combat
aviation also exist. For more information,
visit www.CHPA-US.org, call the association president, Steve Reilly, at (800) 8325144 or e-mail him at President@chpaus.org.

Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is

a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 849-1957 or 221-6913.

Alamo Silver Wings

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday of the month. For more information, call Joe Turella at 657-0028.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Volunteer

Hometown heroes recognition

Time Warner Cable San Antonio seeks nominations for this year's Hometown Heroes Award Program, recognizing "unsung heroes" from each of the communities it services. Nomination forms are available at all seven of the Time Warner Cable Customer Service Centers and online at www.twc-sa.com, under the "In the Community" link. Nomination forms are due by Dec. 2. For more information, call the Hometown Heroes Hotline at 828-3086, ext. 36, or visit www.twc-sa.com.

Girl Scouts seek volunteers

Girl Scouts of the San Antonio area are looking for adults to lead Girl Scout troops in the community. Help young girls grow up to be strong, confident and compassionate. Volunteers do not have to have a daughter in a troop to help. For more information, call Carla Mendez at 349-2404, ext. 217, or e-mail cmendez@sagirlscouts.org.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, ext. 224.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 295-0512. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: 2004 Nissan Titan, 4 x 2, King Cab SE, 13K miles, automatic, all power, six CD changer, in excellent condition, still under warranty, \$24,800 obo. Call Joe at 651-4296 after 6 p.m. or leave message.

For Sale: 2002 Itasca Sunova, 31-foot motor home, slide out living room, queen-size bed, separate shower and bathroom, double door refrigerator/freezer, hydraulic leveling jacks, gas/electric hot water heater,

generator, V10 Ford engine, sleeps six, 6,100 miles, \$50,000 obo. Call 437-0042.

For Sale: Power Wheels 12-volt motorcycle, \$70. Call 257-8590.

For Sale: Hampton Bay 54-inch ceiling fan with remote "variable temperature" and light dimmer, \$50. Call 698-8481 or 849-0447.

For Sale: Women's dive gear,

\$750; men's dive gear, \$605; miscellaneous dive gear, prices vary; weights, \$1 a pound, up to 45 pounds. Call, 615-3971.

For Sale: Whirlpool, almond, large capacity washer and dryer, \$100 each. Call 558-6883.

For Sale: 1940's antique dining room set, china cabinet, table and five chairs, excellent condition, \$400. Call 491-0534.

CAREER CLIPS

Associate, authorization coordinator, San Antonio – Collects, processes and monitors routine to moderately complex claims and health care services data; and verifies benefits to customers in an effort to improve those services using established policies, procedures and guidelines.

Correspondence supervisor, San Antonio – Responsible for developing, training and assessing performance of a team of about 15 employees; reviews and audits monthly reports in order to understand and communicate results; analyzes service quality and legal compliance of department; investigates and problem solves questionable data/reporting.

RN - occupational health nurse, San Antonio – Promotes health, prevents disease, and helps patients cope with illness; an advocate and health educator for patients, families and communities; develops and manages nursing care plans; and instructs patients and their families in proper care.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.